

Heart to Heart



HeartCycle Annual Meeting and Luncheon

Saturday - October 22, 2011

**Mt. Vernon Country Club
24933 Country Club Circle
Golden, Colorado**

Cash bar opens at 11:30 am and lunch will start at 12:00 noon

Members: \$10.00 Guests: \$20.00

Guests joining HeartCycle at the luncheon will receive \$10.00 credited to their membership! Good for the remainder of 2011 as well as all of 2012.

The program will include an overview of the upcoming 2012 tour schedule with tour highlights provided by the tour leaders.

You can register for the luncheon at the HeartCycle website.

Pay by credit card online or send a check to the club Registrar at:

**HeartCycle Registrar
PO Box 100743
Denver, CO 80250-0743**

There will be a 25 to 30 mile ride before the luncheon starting at 9:30 AM, meeting in front of the Mt. Vernon Clubhouse.

HeartCycle Contacts

The Board

Richard Crocker (719) 481-2313 (2011)

President - president@heartcycle.org

Tour Director - tourdirector@heartcycle.org

Mickey Berry (303) 779-3607 (2011)

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Tour Souvenirs

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Map Maker - aanderson@tensarcorp.com

Ron Barton (303) 798-2755

Co-Registrar - ron.barton@comcast.net

Notes from the Board

TOUR LEADERSHIP TRAINING

Have you ever wanted to know what it takes to lead a HeartCycle tour? Do you have ideas for a tour but don't know how to get started? We have an answer.

We are considering the idea of establishing a TOUR LEADERSHIP TRAINING program. The purpose would be to teach interested members all the steps necessary to plan, organize, and lead a HeartCycle Tour. If we receive enough positive feedback we will conduct the seminar before the end of this year.

There are many experienced and capable leaders who would share their experience and knowledge with interested members in a 1-day training seminar, covering all the important details that go into planning a successful trip. A library of past rides is also available to assist in organizing your tour.

To begin the process, all we need is a group of members interested in participating in a tour training program. If this idea appeals to you and you want to participate, please send a brief email expressing your interest to chriswmattthews@msn.com.

Heart Cycle
Utah Southern Canyon Lands Bicycle Tour
May 20-30, 2011

What makes up a great Heart Cycle ride? The Utah Canyon Lands trip had all the elements: beautiful scenery, strong organization and leadership, and a group of riders from diverse backgrounds who developed friendships and a lot of camaraderie. Most of all the Utah Canyon Lands ride seemed as though we were traveling the route of earlier explorations. Becky Bottino and Ken



Condray, the co-leaders, organized the ride in a way for us to discover and enjoy three national parks, Zion, Bryce Canyon and Capitol Reef and a national monument, Cedar Breaks.

After an evening introductory/organizational meeting on May 20th, we set out the following morning from Cedar City, Utah and proceeded south climbing 1,110' to view the Hurricane Cliffs from Kolob Canyon Road located on the west edge of Zion National Park. This was our first view of the vast beauty of Zion and gave us a



glimpse of what was to come over the next few days. After the climb up Kolob Canyon, our next priority was to find the lunch stop. Rod Lee and Sandy Thor, our wonderful SAG help, had found a little park along the way to feed us. We had 32 participants from 9 states with a number of riders having participated

in many Heart Cycle rides and for several this was their first tour. The first day was also an indicator of how the group would interact for the trip, as several riders had flats, they were assisted



by new acquaintances.

On the second day, the ride through Zion was a favorite as no cars are allowed into the canyon and we could marvel at the immense 3,000' walls as we rode along the Virgin River. This tour was billed as a travel through Utah's colorful southwest and it was magnificent, but we also pedaled through geologic time as wind and water eroded away the layers of sandstone over millions of years.

After spending a day exploring Zion, we stair-stepped our way to Bryce Canyon, with an intermediate stop in Mt Carmel. In Bryce, we were greeted by the Hoodoo's, rock spires, colored in yellows and





oranges, at the park entrance and again they were ever present in the Bryce Amphitheater. While riding the Bryce Canyon rim, the road climbs from 7,600' to over 9,100' offering many views of the

spectacular canyon below. While on the rim, the weather was variable including a little sleet after which called for a stop at the Bryce Canyon Lodge and a hot chocolate to warm up.



In leaving Bryce, the route took us through a little town with the improbable name, Tropic, and then on to Escalante followed by miles of barren, rocky, cream-colored hills.



The road eventually dropped into a canyon to cross the Escalante River and on the other side after a long climb we eventually arrived at the Boulder Mountain Lodge. The Lodge located in Boulder, Utah, a community of 200, became our favorite of the places we stayed because of the

rooms and its little organic restaurant, Hell's Backbone Grill.

Our third National Park, Capitol Reef, was found the next day after riding over



Boulder Mountain into Torrey. Capitol Reef is notable for its beautiful canyons and the geologic formation known as the "water pocket fold" which runs for 100 miles. That afternoon, part of the group sloshed through a few colorful, tight fitting, water filled canyons and others rode the 20 miles down and back to

the park, with most finishing the day at the Café Diablo, the best meal on the trip. During the day we also noticed a change in the weather as the wind began to pick up which prompted Ken and Becky to suggest that we get an early start the following morning.

Riding west from Torrey, we left the canyons behind and headed for cattle country, hay fields and sagebrush-covered hills. As the day continued, we were buffeted by stronger head winds. However, upon arrival at the Rocking R Ranch, our concerns quickly

evaporated as we enjoyed some home style cooking with a little country western singing and dancing. The Rocking R is located in Antimony, like the 51st element in the periodic table, but unlike the toxic element, this little



community provided an inviting stopover for the group. That evening, like most evenings, Becky and Ken gave us a briefing on the route and Ken further explained

that due to the impassable snow in Cedar Breaks National Monument, the next day he was going to scout out several alternative routes.

Continuing to work our way west we headed next to the small community of Panguitch, which means “big fish” in Paiute. After a group photo, we walked to dinner at the Cowboy Smoke House followed by ice cream at the Gem, the newly reopened theater. Our group meeting this night was focused on the weather, because the forecast indicated strong winds and possible rain, and riding the safest way back to Cedar City became a priority.

The next morning we had blue skies but the wind persisted, and unfortunately, the safe route had us into a strong head wind for the last 40 miles of our journey. After lunch the winds gusted 25-40 miles per hour, and the riding became too much for some but Rod and Sandy ably assisted them to our destination. And, for those of us who soldiered on through the wind, two riders on a tandem leading the way, Ken and Becky, helped us! As we rode into Cedar City, my Garmin showed we had ridden 550 miles and climbed 34,000' in 9 days.

That is a great Heart Cycle ride!





Tony's to Tony's Bike Ride
2011 Presenting Sponsor - The Wellness Bridge

What: A 71-mile bicycle tour stopping at all 4 Tony's Market locations with an assortment of Tony's culinary specialties at each stop and an Italian luncheon at the finish.

When: Sunday, October 2, 2011. 8 am start time.
Rain/Snow Date Sunday, October 9, 2011

Who: Open to all members of Colorado Heart Cycle, Customers and Employees of Tony's Market and other Colorado cyclists.

Registration opens August 1st at 9:00 am MDT. Rider limit: 150

<http://www.e-store-tonysmarket.com/tonystotonysbikeride.aspx>

Why: A great early autumn ride with unique foods at each stop and to raise money to purchase bicycles for inner city Denver children distributed through the Boy's and Girl's Club of Denver. Also used bike drive collection to donate to kids in Open Doors Gang Youth Prevention.

Cost: \$40 per rider includes all SAG stops, goodie bag and an Italian luncheon at the finish.

Commemorative Jerseys will be available for \$45.

Three fully staffed and stocked rest stops with foods, electrolyte drinks, water and bath rooms.
We provide the route maps and cyclists are free to travel the route at their own pace.

Honorary Ride Leader is Suzie Wargin, Channel 9 News
SAG vehicle support provided by Colorado Heart Cycle
Bike mechanics provided by Bicycle Village
Food and Locations provided by Tony's Market
Route Maps provided by Closet Factory

This year the ride is also a charity ride to provide bicycles for children and young adults in the Denver area. The bikes will be provided in two ways: first, the ride's goal is to raise \$4,000 to buy new bikes for deserving members of the Boy's and Girl's Clubs of Denver, and second, riders are encouraged to bring old, unused, dust gathering bikes that will be refurbished by the 3t Treasure to Treasure ministry and then donated to the Open Doors Gang Youth Prevention organization.

Colorado HeartCycle 2011 Tours

Vietnam

February 23 - March 9 Status: Completed
 14 days, E37 - I75 \$2,520.00
 Jim Berry, jimberry@qwest.net
 (303) 779-3607 or (303) 880-4282

California - Springtime in San Diego

April 22 - May 1 Status: Completed
 9 days, A60 - E80 \$1,060.00
 Sy Katz, SKSKATZ@Comcast.net
 (303) 789-5268 or (303) 550-2073 (Cell)
 Bob Rowe browe49@comcast.net
 (303) 762-0494 or (303) 910-7230 (Cell)

Utah Southern Canyonlands

May 20 - 29 Status: Completed
 9 days, I59 - A78 \$1,190.00
 Ken Condray, condray3@comcast.net
 Becky Botino, bbottino7@comcast.net
 (425) 745-1159

California's New Wine Country

May 21 - 28 Status: Cancelled

California Middle Kingdom

June 4 - 12 Status: Cancelled

New York Spring into Summer Finger Lakes

June 11 - 19 Status: Complete
 8 days, I70 - A75 \$1,195.00
 Jim Bethel & Janet Reilly
jim@bikes5.com (518) 446-1766

Colorado Never Summer Challenge

July 1 - 4 Status: Complete
 3 days, I56 - A86 \$425.00
 Sheridan Garcia, sheridangarcia@yahoo.com
 (303) 638-0330

Colorado Northern Rockies

July 16 - 24 Status: Complete
 9 days, A115 - E89 \$1235.00
 Duncan Rollo, duncanrollo@msn.com
 (970) 224-2783
 Alan Feiger, alanfeiger@gmail.com
 (303) 981-7320

Colorado Chama Challenge

August 5 - 8 Status: Full
 3 days, I49 - A90 \$395.00
 Sheridan Garcia, sheridangarcia@yahoo.com
 (303) 638-0330

Colorado Western Gems

August 20 - 27 Status: Full
 7 days, I37 - A72 \$1,025.00
 Harvey Hoogstrate, harvhoog@gmail.com
 (303) 755-9362
 Ken Condray, condray3@comcast.net
 (425) 745-1159

Wisconsin River Bluffs

September 3 - 9 Status: Open
 6 days, I45 - A80 \$750.00
 Jay DeNovo, jdenovo@tds.net
 (608) 241-2601
 Gary Angerhofer, garyangerhofer@gmail.com
 (303) 919-2818

Pacific Coast Border to Border

September 10 - 24 Status: Full
 14 days, I27 - A78 \$2,190.00
 Jerry Bakke, jerrybakke@msn.com
 (303) 738-9861
 Steve Parker, parker3097@yahoo.com
 (970) 382-9551

Wisconsin Explore the Door

September 11 - 18 Status: Full
 7 days, E50 \$1,120.00
 Jay Wuchner, jaywuchner@comcast.net
 (720) 840-6467
 Deb Wuchner, debwuchner@comcast.net
 (303) 792-2111

Pennsylvania Autumn Harvest

October 8 - 15 Status: Open
 7 days, I63 - A81 \$975.00
 Bob Eaches, bob.eaches@gmail.com
 (201) 384-0740
 Rich Crocker, richcrocker@hotmail.com
 (719) 481-2313